



Curried Red Lentil Mash



Vegetarian



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon curry powder hot such as The Spice Hunter
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons mango chutney
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion chopped 1 small
- ☐ 1 cup lentils dried red

☐ 0.5 teaspoon salt

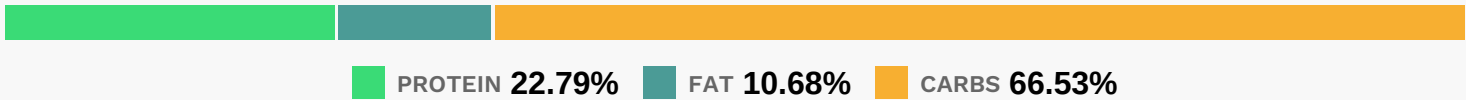
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion and garlic; saut 2 minutes.
- ☐ Add chicken broth and next 3 ingredients. Bring to a boil. Cover, reduce heat, and simmer 16 minutes or until liquid almost evaporates, stirring occasionally.
- ☐ Stir in chutney; cook 1 minute or until thoroughly heated.
- ☐ Sprinkle with cilantro. Top each serving with yogurt, if desired.

Nutrition Facts



Properties

Glycemic Index:43.4, Glycemic Load:7.99, Inflammation Score:-7, Nutrition Score:16.555652281512%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 235.34kcal (11.77%), Fat: 2.82g (4.33%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 24.02g (8.73%), Sugar: 7.3g (8.11%), Cholesterol: 0mg (0%), Sodium: 762.78mg (33.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.05%), Fiber: 15.46g (61.84%), Folate: 238.73µg (59.68%), Manganese: 0.74mg (37.06%), Vitamin B1: 0.45mg (29.78%), Phosphorus: 243.65mg (24.37%), Iron: 4.08mg (22.66%), Vitamin B6: 0.34mg (16.88%), Magnesium: 64.77mg (16.19%), Zinc: 2.41mg (16.09%), Potassium: 558.28mg (15.95%), Copper: 0.3mg (15.07%), Vitamin B5: 1.21mg (12.12%), Selenium: 7.13µg (10.19%), Vitamin B3: 1.95mg (9.76%), Vitamin B2: 0.14mg (8.47%), Vitamin C: 5.76mg (6.99%), Calcium: 45.69mg (4.57%), Vitamin E: 0.65mg (4.37%), Vitamin K: 4.56µg (4.34%), Vitamin B12: 0.23µg (3.78%)